

22. A method according to Claim 14 including the steps of:
 adding food to the container through a second open end of the container
 which is opposite said open end closed by said closure;
 closing said second open end by a conventional can end;
 heating said food within said container to cook said food; and
 preventing rupture of said flexible membrane due to internal container
 pressure caused by said heating by the presence of said laminar member of said rigid
 cap.